



Longwood 50+ Center March 2019

Days of Operation: Tuesday 8:30am – 3:00pm Wednesday 8:30am – 4:00pm

6150 Foreland Garth Columbia, MD 21045 410-313-7217

Director: Kari Weidner

www.howardcountyaging.org

				Friday
				March 1, 2019
Monday	Tuesday	Wednesday	Thursday	Friday
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
, =====	中国式健身操	中国式健身操		
	9:00am	9:00am		
	钩编/针织/尊巴舞	尊巴		
	10:00am	10:00am		
	午餐 12Noon	午餐 12Noon		
	乒乓与游戏	乒乓与游戏		
	1:30-3:00pm	2:00-4:00pm		
	1			
Monday March 11, 2019	Tuesday March 12, 2019	Wednesday March 13, 2019	Thursday March 14, 2019	Friday March 15, 2019
Water 11, 2019	中国式健身操	中国式健身操	Water 14, 2019	Water 15, 2015
	9:00am	9:00am		
	钩编/针织/尊巴舞	尊巴	## FT ## A	
	10:00am	10:00am	韩国教会	
	华图	午餐 12Noon	无乒乓球	
	10:00am- 11:30am	乒乓与游戏		
	午餐 12Noon	2:00-4:00pm		
	乒乓与游戏	•		
	1:30-3:00pm			
Monday	Tuesday	Wednesday	Thursday	Friday
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
	中国式健身操	中国式健身操		
	9:00am	9:00am		
	钩编/针织/尊巴舞	答对了		
	10:00am	10:00am		
	午餐 12Noon	午餐 12Noon		
	乒乓与游戏	乒乓与游戏		
	1:30-3:00pm	2:00-4:00pm		
Monday	Tuesday	Wednesday	Thursday	Friday
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
	中国式健身操	中国式健身操		
	9:00am 钩编/针织/尊巴舞	9:00am 尊巴		
	判编/针织/导□舞 10:00am	导C 10:00am		
		10:00am 午餐 12Noon		
	午餐 12Noon	上 上 上 上 上 上 上 上 上 上 上 上 上 上 上 上 上 上 上		
	乒乓与游戏 1.20 2.00			
	1:30-3:00pm	2:00-4:00pm		